



Savory Greens

Make this Sunday dinner dish pop with hot sauce.



INGREDIENTS

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| 3 cups water | ¼ teaspoon ground cloves |
| ¼ pound skinless, smoked turkey breast | ½ teaspoon dried thyme |
| ¼ cup chopped onion | 1 green onion, chopped |
| 1 tablespoon chopped and seeded jalapeño pepper (optional) | 1 teaspoon ground ginger |
| 2 cloves garlic, crushed | 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens) |
| ¼ teaspoon cayenne pepper | |

PREPARATION

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.



Makes 6 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg